Evidence-Based Natural & Behavioral Interventions (Educational Only)

(Not medical advice. Always discuss health decisions with a qualified healthcare professional.)

🔎 Evidence Tiers (Simple Guide)

A = Strong evidence

B = Moderate evidence

C = Emerging evidence

🟦 PHYSICAL HEALTH — SUMMARY (Pseudo-Table)

📌 Hypertension — Tier A

🎯 Move body; reduce salt; DASH foods

⚙️ Vessel tone; fluid balance

💊 Parallel: ACE/ARB; diuretics

📌 Type 2 Diabetes — Tier A

🎯 Weight loss; movement; fiber

⚙️ Insulin sensitivity

💊 Parallel: Metformin

📌 Prediabetes — Tier A

🎯 Weight loss; daily movement

⚙️ Insulin response

💊 Parallel: Metformin (prevention)

📌 Dyslipidemia — Tier A

🎯 Fiber; movement; plant sterols

⚙️ LDL clearance

💊 Parallel: Statins

📌 Obesity / Metabolic Syndrome — Tier A

🎯 Eating pattern; movement; sleep

⚙️ Appetite signals

💊 Parallel: GLP-1 agonists

📌 Coronary Artery Disease (adj.) — Tier B

🎯 Mediterranean foods; movement

⚙️ Vessel health

💊 Parallel: Statins; antiplatelets

📌 Heart Failure (adj.) — Tier B

🎯 Low sodium; supervised movement

⚙️ Fluid balance

💊 Parallel: Beta-blockers; ACE

📌 Osteoarthritis — Tier A

🎯 Strength; weight loss; tai chi

⚙️ Joint load

💊 Parallel: NSAIDs

📌 Chronic Low Back Pain — Tier A

🎯 Exercise; yoga; CBT

⚙️ Pain pathways

💊 Parallel: NSAIDs; relaxants

📌 Chronic Neck Pain — Tier B

🎯 Exercise; posture

⚙️ Muscle balance

💊 Parallel: NSAIDs

📌 Rheumatoid Arthritis (support) — Tier C

🎯 Mediterranean foods; omega-3

⚙️ Inflammation

💊 Parallel: DMARDs

📌 Fibromyalgia — Tier B

🎯 Movement; CBT; tai chi

⚙️ Pain processing

💊 Parallel: SNRIs; pregabalin

📌 Chronic Fatigue (non-specific) — Tier C

🎯 Gentle movement; sleep rhythm

⚙️ Energy regulation

💊 Parallel: None

📌 GERD — Tier B

🎯 Weight loss; meal timing

⚙️ Acid pressure

💊 Parallel: PPIs

📌 IBS — Tier B

🎯 Low-FODMAP; fiber; stress reduction

⚙️ Gut sensitivity

💊 Parallel: Antispasmodics

📌 Constipation — Tier A

🎯 Fiber; water; movement

⚙️ Gut motion

💊 Parallel: Osmotic laxatives

📌 NAFLD — Tier B

🎯 Weight loss; Mediterranean foods

⚙️ Liver fat

💊 Parallel: Pioglitazone

📌 Menopause Symptoms — Tier B

🎯 Exercise; CBT; weight

⚙️ Temperature regulation

💊 Parallel: HRT

📌 PMS/PMDD (support) — Tier B

🎯 Exercise; CBT; calcium

⚙️ Mood pathways

💊 Parallel: SSRIs

📌 Migraine — Tier B

🎯 Movement; sleep rhythm

⚙️ Nerve excitability

💊 Parallel: Triptans; beta-blockers

📌 Tension Headache — Tier A

🎯 Movement; posture

⚙️ Muscle tension

💊 Parallel: NSAIDs

📌 Mild Cognitive Decline (risk) — Tier B

🎯 Mediterranean foods; movement

⚙️ Brain blood flow

💊 Parallel: None

🟩 MENTAL HEALTH — SUMMARY (Pseudo-Table)

📌 Mild–Moderate Depression — Tier A

🎯 Exercise; CBT; sleep rhythm

⚙️ Serotonin; stress hormones

💊 Parallel: SSRIs

📌 Generalized Anxiety — Tier A

🎯 CBT; mindfulness; movement

⚙️ Worry loops

💊 Parallel: SSRIs/SNRIs

📌 Insomnia — Tier A

🎯 CBT-I; light timing

⚙️ Sleep drive; circadian rhythm

💊 Parallel: Hypnotics

📌 Stress-Related Disorders — Tier B

🎯 Mindfulness; breathing; movement

⚙️ Stress hormones; vagal tone

💊 Parallel: None

📌 ADHD (adj.) — Tier C

🎯 Movement; sleep; routines

⚙️ Attention circuits

💊 Parallel: Stimulants

📌 PTSD (adj.) — Tier C

🎯 Mindfulness; movement; CBT

⚙️ Memory processing; arousal

💊 Parallel: SSRIs

📌 Substance-Use Recovery (adj.) — Tier B

🎯 Movement; mindfulness; support

⚙️ Craving circuits

💊 Parallel: Naltrexone; buprenorphine

📌 Burnout / Chronic Stress — Tier B

🎯 Sleep; boundaries; movement

⚙️ Stress load

💊 Parallel: None

Universal Safety Note

This sheet summarizes scientific findings about natural and behavioral interventions.

It is not medical advice, diagnosis, or treatment.

Always discuss symptoms, concerns, or health decisions with a qualified healthcare professional.